

Softball Fielding Basics

1. Ready Position

Stance:

- a. Feet shoulder-width apart.
- b. Knees bent, weight slightly forward on the balls of your feet.
- c. Glove hand extended slightly forward, ready to react.
- d. Focus: Keep your eyes on the batter and anticipate the ball's direction.

[▶ How to Field a Groundball](#)

2. Ground Ball Fielding

Approach the Ball:

- a. Move quickly toward the ball to cut down the distance.
- b. Stay low as you approach, with your glove close to the ground.

Glove Position:

- a. Glove should be open and flat, fingers pointing downward.
- b. Use your other hand to secure the ball into the glove (two-hand technique).

Body Alignment:

- a. Align your body directly behind the ball.
- b. Keep your head down and eyes on the ball.

[▶ How to Field a Grounder in Softball](#)

3. Fly Ball Fielding

Tracking the Ball:

- a. Watch the ball closely as it travels.
- b. Take your first step back to gauge its trajectory, then adjust forward if necessary.

Positioning:

- a. Position yourself so the ball will land in front of your glove.
- b. Use your free hand to secure the ball upon catching.

Catch Technique:

- a. Catch with your glove fingers up for high balls and fingers down for low ones.
- b. Keep your glove hand steady and soft to absorb impact.

How to Catch a Fly Ball in Softball

4. Throwing After a Catch

Grip:

- a. Hold the ball with your index and middle fingers across the seams.

Throwing Motion:

- a. Step with your non-throwing foot toward the target.
- b. Use your shoulder and wrist to guide the throw.
- c. Follow through with your throwing arm for accuracy.

How To Work Through A Ground Ball + 4 Drills

5. Communication

- a. Call for the ball (e.g., "I got it!") when you plan to make the play.
- b. Ensure all fielders are clear on who covers which base and any backups.

6. Key Tips for Infielders

- a. Be ready to dive or block balls to prevent runners from advancing.
- b. Stay alert for double-play opportunities.

7. Key Tips for Outfielders

- a. Backup infielders when necessary.
- b. Be prepared to make long, accurate throws to cut off runners.

8. Drills to Improve Fielding Skills

Ground Ball Drills:

- a. Roll balls to players for practicing proper form.
- b. Add agility ladders to improve footwork.

Fly Ball Drills:

- a. Use pop flies to practice tracking and catching.

Throwing Accuracy Drills:

- a. Practice hitting targets with consistent throws.

[▶ Train Players to Quickly Catch and Throw!](#)

[▶ Softball Drills and Skill Development for Softball](#)